

ABSTRACT OF THE DISCLOSURE

The present invention is an instructional game that teaches the techniques and benefits of yoga to participants, preferably children. In an embodiment, the game includes a playing surface including illustrations of various bodily poses and a plurality of cards having top and bottom faces. The top face of the cards includes illustrations of various bodily poses. The game may also include a random selection device including a plurality of numbers and a plurality of corresponding actions. The components of the game are utilized in a variety of different games to practice and memorize the various poses. The games may be for single or multiple participants.